Lirien

February 11, 2023

Medium humanoid (half-elf), chaotic neutral, She/Her

Armor Class
    14 (hide armor)
Hit Points
    22 (4d8 + 4)
Speed
    30 ft., climb 30 ft.

STR	DEX	CON	INT	WIS	CHA
8 (-1)	16 (+3)	12 (+1)	12 (+1)	10 (+0)	14 (+2)

Skills
    Acrobatics +5, Deception +4, Stealth +5
Senses
    darkvision 60 ft., passive Perception 10
Languages
    Common, Elvish, Thieves' Cant
Challenge
    1 (200 XP)

Congenital Heart Defect. Lirien is easily tired and experiences
Shortness of Breath. She has a −2 penalty on all saving throws

against gas-based poison attacks and Constitution checks related to exertion. After three rounds of strenuous physical action such as melee combat, she must succeed on a DC 10 Constitution saving throw or take one level of exhaustion until she stops the activity and rests for 2d10 minutes. Each round she continues, she needs to succeed on an additional saving throw, and the DC increases by 1 each round. Because she's used to assessing her physical capacity and finding creative solutions to perform physical tasks, once per long rest, she can choose to roll a Strength, Dexterity, or Constitution check with advantage.

Sneak Attack (1/Turn). The rogue deals an extra 7 (2d6) damage when she hits a target with a weapon attack and has advantage on the attack roll, or when the target is within 5 ft. of an ally of the rogue that isn't incapacitated and the rogue doesn't have disadvantage on the attack roll.

Actions

Rapier. Melee Weapon Attack: +5 to hit, reach 5 ft., one target. Hit: 7 (1d8 + 3) piercing damage.

Shortbow. Ranged Weapon Attack: +5 to hit, range 80/320 ft., one target. Hit: 6 (1d6 + 3) piercing damage.

Description

Lirien is a charismatic half-elf rogue with a passion for adventure and a quick wit. Despite her congenital heart defect, she never lets it slow her down and is always up for a challenge. Growing up in a small village, Lirien always felt stifled and yearned for something more. When she learned of the Glaciadon's theft of the heartstone, she saw it as an opportunity to prove her bravery and do something good for her community. She's a bit of a risk-taker and isn't afraid to bend

the rules to get what she wants, but her heart is always in the right place. She's known for saying, "Life's too short to play it safe," before taking the next risk.

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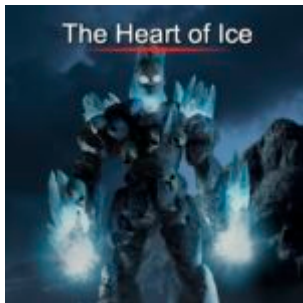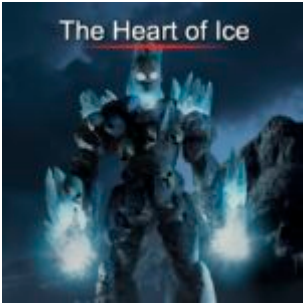
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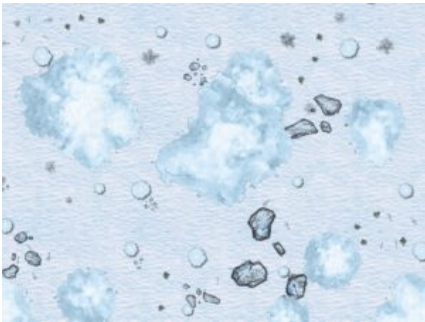[Adventure PDF](#) or [Adventure Plain Text](#)

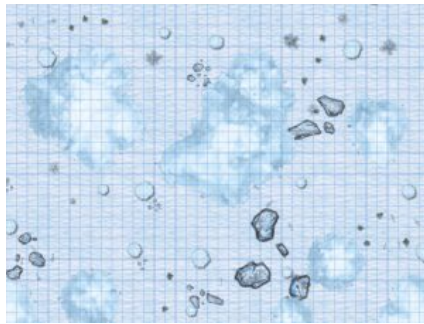[Heart of Ice Maps](#)

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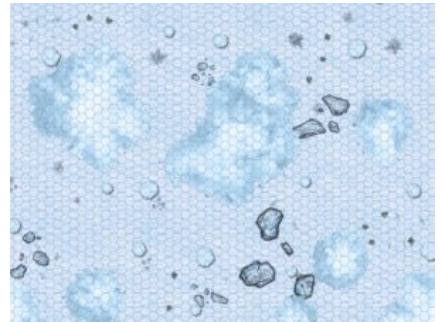
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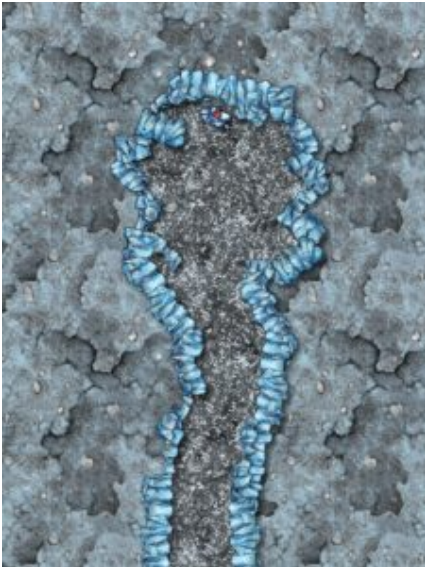Here's the maps for The Heart of Ice Adventure in Gridless, Hex, and Square

snowy field, gridless

snowy field, square grid

snowy field, hex grid

Ice Cave, Gridless
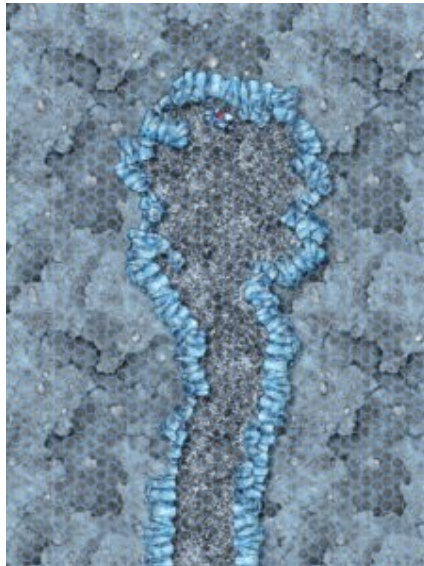
Ice Cave, hex map
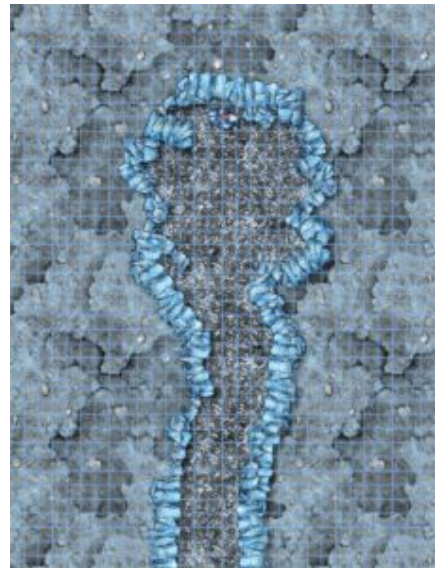
Ice Cave, square map
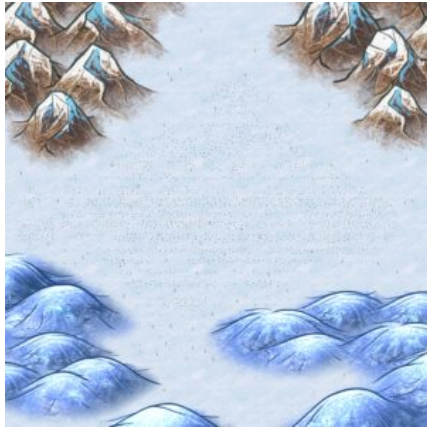
Caribou Valley
Map, Gridless
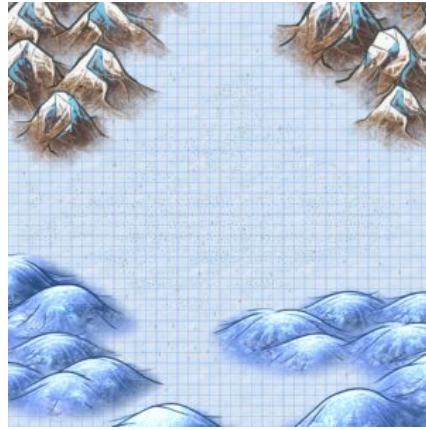
Caribou Valley
Map, Square Grid

Caribou Valley
Map, Hex Grid

The Heart of Ice #RockYourScar #CHD

February 11, 2023

Are you ready to chill with the Glaciadon and save the Heartstone?

This adventure is for 3—4 characters, levels 6—8.

This adventure is freely available here at the Lair through

Congenital Heart Defect Awareness Day, February 14, after which it will be available only to [subscribers](#). It's also available as pdf and txt with 4K maps [in our store](#) and [for Wyrmling+ subscribers](#).

If you're using the free option:

Use Theater of the Mind for the maps.

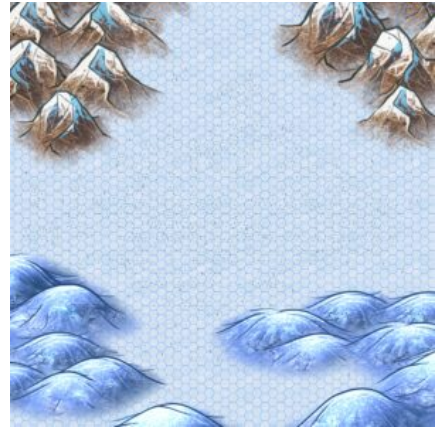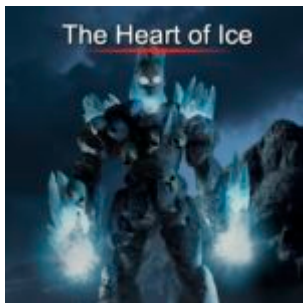*Lirien is a 3rd level half-elf rogue with the following additional trait:*
Congenital Heart Defect. *Lirien is easily tired and experiences Shortness of Breath. She has a –2 penalty on all saving throws against gas-based poison attacks and Constitution checks related to exertion. After three rounds of strenuous physical action such as melee combat, she must succeed on a DC 10 Constitution saving throw or take one level of exhaustion until she stops the activity and rests for 2d10 minutes. Each round she continues, she needs to succeed on an additional saving throw, and the DC increases by 1 each round. Because she's used to assessing her physical capacity and finding creative solutions to perform physical tasks, once per long rest, she can choose to roll a Strength, Dexterity, or Constitution check with advantage*

Use Air Elemental for the Glaciadon, but add 2D8 cold damage to its attacks, and change damage resistances to make sense for an ice creature. Or use the Air Elemental Myrmidon.

Congenital Heart Defect affects heart function before birth, leading to symptoms like [shortness of breath](#) and [fatigue](#). [Rock Your Scar](#) celebrates the bravery of those with this condition and empowers them to embrace their strength.

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Setting & Synopsis

A small village is being threatened by a Glaciadon, a powerful ice elemental, that has taken control of the Heartstone, a magical artifact that regulates the temperature of the village. The villagers have sought the help of adventurers to defeat the elemental and reclaim the Heartstone.

The party must travel to the Glaciadon's lair in a frozen cave system, encountering frost giants who want them to hunt caribou for them. The party finds Lirien, a half-elf rogue with a congenital heart defect, who's trying to steal the Heartstone back. The players must defeat the Glaciadon, retrieve the Heartstone, and return it to the village.

Adventure

Frozen Heart of the Matter

As the adventurers approach the village, they find it covered in snow and ice. The villagers explain that an ice elemental has taken control of the Heartstone and is making the temperature drop rapidly. They ask the party to journey to the elemental's lair in the nearby mountains and defeat it to reclaim the Heartstone.

A Hearty Meal

- [Maps](#): Use the Ice Field map for the frost giant encounter and the Caribou Valley map to hunt.

As the party nears the mountains, they encounter two [Frost

[Giants](#) who are blocking their path. The Frost Giants demand tribute in the form of six [caribou](#) for their next meal in exchange for safe passage. The next valley, a mile-wide clearing of tundra grass, has a herd of 25 caribou, but the party must catch or kill six before they all flee.

Each turn, the herd moves in a random direction determined by the DM or through a d6 roll. On a roll of 1–3, the herd moves in a straight line for 40 feet, beginning by moving away from the party. On a roll of 4–5, the herd splits into two groups and moves in opposite directions for 20 feet each. On a roll of 6, the herd head back toward its starting position. When the herd splits, treat each group as a separate herd for determining movement. If a group gets smaller than three, it will move toward the nearest group.

The party can attempt to corral the herd by surrounding them with creatures or objects. If at least half of the herd is surrounded, the herd stops moving for that turn.

If the party does not successfully corral the herd, they will continue to move until they have moved out of the party's reach. In this case, the party will have lost their chance to hunt the caribou, and the Frost Giants will attack the party to eat them instead.

Hot on the Trail

[Maps](#): Use the Ice Cave map for the next two sections.

When the adventurers reach the lair, they discover that one of the villagers, a young half-elf named [Lirien](#), is already in the cave, attempting to steal the Heartstone back herself. Lirien reveals that she has a congenital heart defect, and she needs the Heartstone to regulate her heart rhythm. The Glaciadon's

control over the Heartstone is putting Lirien's life in danger.

Out of Your Element

The [Glaciadon](#) stole the Heartstone because, since it banishes harsh cold from the village, it senses that the stone can banish the Glaciadon back to the Plane of Frost, where it wants to return. If an arcane caster obtains the Heartstone while the Glaciadon still threatens, a successful DC 18 Intelligence (Arcana) check will reveal how to banish the Glaciadon.

Heartwarming Reunions

Upon retrieving the Heartstone, the adventurers return to the village where Lirien and the other villagers are waiting. Lirien thanks the adventurers for their help and offers to share a meal and stories with them. As they sit down to eat, the village elder approaches the group and presents Lirien with a ceremonial necklace made from the Heartstone. The elder explains that the Heartstone is not only a symbol of life, but also of bravery and courage. Lirien is overjoyed and thanks the adventurers again, telling them they will always have a place in her heart. The villagers cheer and offer the adventurers a round of drinks, and the group spends the evening sharing tales of their adventures and making new friends.

Frost Giant

February 11, 2023

Huge giant, neutral evil
Armor Class 15 (patchwork armor)
Hit Points 138 (12d12 + 60)
Speed 40 ft.

STR	DEX	CON	INT	WIS	CHA
23 (+6)	9 (−1)	21 (+5)	9 (−1)	10 (+0)	12 (+1)

Saving Throws Con +8, Wis +3, Cha +4
Skills Athletics +9, Perception +3
Damage Immunities cold
Senses passive Perception 13
Languages Giant
Challenge 8 (3,900 XP)

Actions

Multiattack. The giant makes two greataxe attacks.
Greataxe. Melee Weapon Attack: +9 to hit, reach 10 ft., one target. Hit: 25 (3d12 + 6) slashing damage.
Rock. Ranged Weapon Attack: +9 to hit, range 60/240 ft., one target. Hit: 28 (4d10 + 6) bludgeoning damage.

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February 11, 2023

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Cure Wounds

February 11, 2023

1st-level evocation

Casting Time: 1 action
Range: Touch
Components: V, S

Duration: Instantaneous

A creature you touch regains a number of hit points equal to 1d8 + your spellcasting ability modifier. This spell has no effect on undead or constructs.

At Higher Levels. When you cast this spell using a spell slot of 2nd level or higher, the healing increases by 1d8 for each slot level above 1st.

What Is a Spell?

February 11, 2023

A spell is a discrete magical effect, a single shaping of the magical energies that suffuse the multiverse into a specific, limited expression. In casting a spell, a character carefully plucks at the invisible strands of raw magic suffusing the world, pins them in place in a particular pattern, sets them vibrating in a specific way, and then releases them to unleash the desired effect—in most cases, all in the span of seconds.

Spells can be versatile tools, weapons, or protective wards. They can deal damage or undo it, impose or remove conditions, drain life energy away, and restore life to the dead.

Uncounted thousands of spells have been created over the course

of the multiverse's history, and many of them are long forgotten. Some might yet lie recorded in crumbling spellbooks hidden in ancient ruins or trapped in the minds of dead gods. Or they might someday be reinvented by a character who has amassed enough power and wisdom to do so.

Spell Level

Every spell has a level from 0 to 9. A spell's level is a general indicator of how powerful it is, with the lowly (but still impressive) *magic missile* at 1st level and the earth-shaking *wish* at 9th. Cantrips—simple but powerful spells that characters can cast almost by rote—are level 0. The higher a spell's level, the higher level a spellcaster must be to use that spell.

Spell level and character level don't correspond directly. Typically, a character has to be at least 17th level, not 9th level, to cast a 9th-level spell.

Known and Prepared Spells

Before a spellcaster can use a spell, he or she must have the spell firmly fixed in mind, or must have access to the spell in a magic item. Members of a few classes, including bards and sorcerers, have a limited list of spells they know that are always fixed in mind. The same thing is true of many magic-using monsters. Other spellcasters, such as clerics and wizards, undergo a process of preparing spells. This process varies for different classes, as detailed in their descriptions.

In every case, the number of spells a caster can have fixed in mind at any given time depends on the character's level.

Spell Slots

Regardless of how many spells a caster knows or prepares, he or she can cast only a limited number of spells before resting. Manipulating the fabric of magic and channeling its energy into even a simple spell is physically and mentally taxing, and higher- level spells are even more so. Thus, each spellcasting class's description (except that of the warlock) includes a table showing how many spell slots of each spell level a character can use at each character level. For example, the 3rd-level wizard Umara has four 1st-level spell slots and two 2nd-level slots.

When a character casts a spell, he or she expends a slot of that spell's level or higher, effectively "filling" a slot with the spell. You can think of a spell slot as a groove of a certain size—small for a 1st-level slot, larger for a spell of higher level. A 1st-level spell fits into a slot of any size, but a 9th-level spell fits only in a 9th-level slot. So when Umara casts *magic missile*, a 1st-level spell, she spends one of her four 1st-level slots and has three remaining.

Finishing a long rest restores any expended spell slots.

Some characters and monsters have special abilities that let them cast spells without using spell slots. For example, a monk who follows the Way of the Four Elements, a warlock who chooses certain eldritch invocations, and a pit fiend from the Nine Hells can all cast spells in such a way.

Casting a Spell at a Higher Level

When a spellcaster casts a spell using a slot that is of a higher level than the spell, the spell assumes the higher level for that casting. For instance, if Umara casts *magic*

missile using one of her 2nd-level slots, that *magic missile* is 2nd level. Effectively, the spell expands to fill the slot it is put into.

Some spells, such as *magic missile* and *cure wounds*, have more powerful effects when cast at a higher level, as detailed in a spell's description.

Casting in Armor

Because of the mental focus and precise gestures required for spellcasting, you must be proficient with the armor you are wearing to cast a spell. You are otherwise too distracted and physically hampered by your armor for spellcasting.

Cantrips

A cantrip is a spell that can be cast at will, without using a spell slot and without being prepared in advance. Repeated practice has fixed the spell in the caster's mind and infused the caster with the magic needed to produce the effect over and over. A cantrip's spell level is 0.

Rituals

Certain spells have a special tag: ritual. Such a spell can be cast following the normal rules for spellcasting, or the spell can be cast as a ritual. The ritual version of a spell takes 10 minutes longer to cast than normal. It also doesn't expend a spell slot, which means the ritual version of a spell can't be cast at a higher level.

To cast a spell as a ritual, a spellcaster must have a feature that grants the ability to do so. The cleric and the druid, for

example, have such a feature. The caster must also have the spell prepared or on his or her list of spells known, unless the character's ritual feature specifies otherwise, as the wizard's does.

Casting a Spell

February 11, 2023

When a character casts any spell, the same basic rules are followed, regardless of the character's class or the spell's effects.

Each spell description begins with a block of information, including the spell's name, level, school of magic, casting time, range, components, and duration. The rest of a spell entry describes the spell's effect.

Casting Time

Most spells require a single action to cast, but some spells require a bonus action, a reaction, or much more time to cast.

Bonus Action

A spell cast with a bonus action is especially swift. You must

use a bonus action on your turn to cast the spell, provided that you haven't already taken a bonus action this turn. You can't cast another spell during the same turn, except for a cantrip with a casting time of 1 action.

Reactions

Some spells can be cast as reactions. These spells take a fraction of a second to bring about and are cast in response to some event. If a spell can be cast as a reaction, the spell description tells you exactly when you can do so.

Longer Casting Times

Certain spells (including spells cast as rituals) require more time to cast: minutes or even hours. When you cast a spell with a casting time longer than a single action or reaction, you must spend your action each turn casting the spell, and you must maintain your concentration while you do so. If your concentration is broken, the spell fails, but you don't expend a spell slot. If you want to try casting the spell again, you must start over.

Range

The target of a spell must be within the spell's range. For a spell like *magic missile*, the target is a creature. For a spell like *fireball*, the target is the point in space where the ball of fire erupts.

Most spells have ranges expressed in feet. Some spells can target only a creature (including you) that you touch. Other spells, such as the *shield* spell, affect only you. These spells have a range of self.

Spells that create cones or lines of effect that originate from you also have a range of self, indicating that the origin point of the spell's effect must be you.

Once a spell is cast, its effects aren't limited by its range, unless the spell's description says otherwise.

Components

A spell's components are the physical requirements you must meet in order to cast it. Each spell's description indicates whether it requires verbal (V), somatic (S), or material (M) components. If you can't provide one or more of a spell's components, you are unable to cast the spell.

Verbal (V)

Most spells require the chanting of mystic words. The words themselves aren't the source of the spell's power; rather, the particular combination of sounds, with specific pitch and resonance, sets the threads of magic in motion. Thus, a character who is gagged or in an area of silence, such as one created by the *silence* spell, can't cast a spell with a verbal component.

Somatic (S)

Spellcasting gestures might include a forceful gesticulation or an intricate set of gestures. If a spell requires a somatic component, the caster must have free use of at least one hand to perform these gestures.

Material (M)

Casting some spells requires particular objects, specified in

parentheses in the component entry. A character can use a **component pouch** or a **spellcasting focus** (found in "Equipment") in place of the components specified for a spell. But if a cost is indicated for a component, a character must have that specific component before he or she can cast the spell.

If a spell states that a material component is consumed by the spell, the caster must provide this component for each casting of the spell. A spellcaster must have a hand free to access a spell's material components—or to hold a spellcasting focus—but it can be the same hand that he or she uses to perform somatic components.

Duration

A spell's duration is the length of time the spell persists. A duration can be expressed in rounds, minutes, hours, or even years. Some spells specify that their effects last until the spells are dispelled or destroyed.

Instantaneous

Many spells are instantaneous. The spell harms, heals, creates, or alters a creature or an object in a way that can't be dispelled, because its magic exists only for an instant.

Concentration

Some spells require you to maintain concentration in order to keep their magic active. If you lose concentration, such a spell ends.

If a spell must be maintained with concentration, that fact appears in its Duration entry, and the spell specifies how long you can concentrate on it. You can end concentration at any time

(no action required).

Normal activity, such as moving and attacking, doesn't interfere with concentration. The following factors can break concentration:

- **Casting another spell that requires concentration.** You lose concentration on a spell if you cast another spell that requires concentration. You can't concentrate on two spells at once.
- **Taking damage.** Whenever you take damage while you are concentrating on a spell, you must make a Constitution saving throw to maintain your concentration. The DC equals 10 or half the damage you take, whichever number is higher. If you take damage from multiple sources, such as an arrow and a dragon's breath, you make a separate saving throw for each source of damage.
- **Being incapacitated or killed.** You lose concentration on a spell if you are incapacitated or if you die.

The GM might also decide that certain environmental phenomena, such as a wave crashing over you while you're on a storm-tossed ship, require you to succeed on a DC 10 Constitution saving throw to maintain concentration on a spell.

Targets

A typical spell requires you to pick one or more targets to be affected by the spell's magic. A spell's description tells you whether the spell targets creatures, objects, or a point of origin for an area of effect (described below).

Unless a spell has a perceptible effect, a creature might not know it was targeted by a spell at all. An effect like crackling lightning is obvious, but a more subtle effect, such as an

attempt to read a creature's thoughts, typically goes unnoticed, unless a spell says otherwise.

A Clear Path to the Target

To target something, you must have a clear path to it, so it can't be behind total cover. If you place an area of effect at a point that you can't see and an obstruction, such as a wall, is between you and that point, the point of origin comes into being on the near side of that obstruction.

Targeting Yourself

If a spell targets a creature of your choice, you can choose yourself, unless the creature must be hostile or specifically a creature other than you. If you are in the area of effect of a spell you cast, you can target yourself. Areas of Effect Spells such as burning hands and cone of cold cover an area, allowing them to affect multiple creatures at once.

Areas of Effect

Spells such as **_burning hands_** and **_cone of cold_** cover an area, allowing them to affect multiple creatures at once.

A spell's description specifies its area of effect, which typically has one of five different shapes: cone, cube, cylinder, line, or sphere. Every area of effect has a **point of origin**, a location from which the spell's energy erupts. The rules for each shape specify how you position its point of origin. Typically, a point of origin is a point in space, but some spells have an area whose origin is a creature or an object.

A spell's effect expands in straight lines from the point of

origin. If no unblocked straight line extends from the point of origin to a location within the area of effect, that location isn't included in the spell's area. To block one of these imaginary lines, an obstruction must provide total cover.

Cone

A cone extends in a direction you choose from its point of origin. A cone's width at a given point along its length is equal to that point's distance from the point of origin. A cone's area of effect specifies its maximum length.

A cone's point of origin is not included in the cone's area of effect, unless you decide otherwise.

Cube

You select a cube's point of origin, which lies anywhere on a face of the cubic effect. The cube's size is expressed as the length of each side.

A cube's point of origin is not included in the cube's area of effect, unless you decide otherwise.

Cylinder

A cylinder's point of origin is the center of a circle of a particular radius, as given in the spell description. The circle must either be on the ground or at the height of the spell effect. The energy in a cylinder expands in straight lines from the point of origin to the perimeter of the circle, forming the base of the cylinder. The spell's effect then shoots up from the base or down from the top, to a distance equal to the height of the cylinder.

A cylinder's point of origin is included in the cylinder's area

of effect.

Line

A line extends from its point of origin in a straight path up to its length and covers an area defined by its width.

A line's point of origin is not included in the line's area of effect, unless you decide otherwise.

Sphere

You select a sphere's point of origin, and the sphere extends outward from that point. The sphere's size is expressed as a radius in feet that extends from the point.

A sphere's point of origin is included in the sphere's area of effect.

Saving Throws

Many spells specify that a target can make a saving throw to avoid some or all of a spell's effects. The spell specifies the ability that the target uses for the save and what happens on a success or failure.

The DC to resist one of your spells equals 8 + your spellcasting ability modifier + your proficiency bonus + any special modifiers.

Attack Rolls

Some spells require the caster to make an attack roll to determine whether the spell effect hits the intended target. Your attack bonus with a spell attack equals your spellcasting ability modifier + your proficiency bonus.

Most spells that require attack rolls involve ranged attacks. Remember that you have disadvantage on a ranged attack roll if you are within 5 feet of a hostile creature that can see you and that isn't incapacitated.

The Schools of Magic

Academies of magic group spells into eight categories called schools of magic. Scholars, particularly wizards, apply these categories to all spells, believing that all magic functions in essentially the same way, whether it derives from rigorous study or is bestowed by a deity.

The schools of magic help describe spells; they have no rules of their own, although some rules refer to the schools.

Abjuration *spells are protective in nature, though some of them have aggressive uses. They create magical barriers, negate harmful effects, harm trespassers, or banish creatures to other planes of existence.*

Conjuration *spells involve the transportation of objects and creatures from one location to another. Some spells summon creatures or objects to the caster's side, whereas others allow the caster to teleport to another location. Some conjurations create objects or effects out of nothing.*

Divination *spells reveal information, whether in the form of secrets long forgotten, glimpses of the future, the locations of hidden things, the truth behind illusions, or visions of distant people or places.*

Enchantment *spells affect the minds of others, influencing or controlling their behavior. Such spells can make enemies see the caster as a friend, force creatures to take a course of action, or even control another creature like a puppet.*

Evocation spells manipulate magical energy to produce a desired effect. Some call up blasts of fire or lightning. Others channel positive energy to heal wounds.

Illusion spells deceive the senses or minds of others. They cause people to see things that are not there, to miss things that are there, to hear phantom noises, or to remember things that never happened. Some illusions create phantom images that any creature can see, but the most insidious illusions plant an image directly in the mind of a creature.

Necromancy spells manipulate the energies of life and death. Such spells can grant an extra reserve of life force, drain the life energy from another creature, create the undead, or even bring the dead back to life.

Creating the undead through the use of necromancy spells such as animate dead is not a good act, and only evil casters use such spells frequently.

Transmutation spells change the properties of a creature, object, or environment. They might turn an enemy into a harmless creature, bolster the strength of an ally, make an object move at the caster's command, or enhance a creature's innate healing abilities to rapidly recover from injury.

Combining Magical Effects

The effects of different spells add together while the durations of those spells overlap. The effects of the same spell cast multiple times don't combine, however. Instead, the most potent effect—such as the highest bonus—from those castings applies while their durations overlap.

For example, if two clerics cast bless on the same target, that

character gains the spell's benefit only once; he or she doesn't get to roll two bonus dice.